

CAMP EGGERS NEWCOMERS WELCOME LETTER

(UPDATED 12 AUGUST 06)

Before you leave...

It is important for the group or each person to have a sponsor or point of contact here at Camp Eggers before deploying. If not assigned a sponsor or point of contact call the CFC-A personnel office at DSN 318-237-3315.

Travel to Afghanistan

The trip to Kabul, Afghanistan is exhausting. Flying from the states, where at some point you arrive at Manas Air Base, Kyrgyzstan. From Manas take a flight to Bagram, Afghanistan, where you will depart for Kabul. Total travel time normally takes 3-7 days to arrive at your ultimate destination Kabul.

Manas and Bagram sometimes take longer to get out of depending on the flights and all other factors like the weather so you might be there for a couple nights. Let your point of contact know where you are at in your travel to Kabul so when you arrive in Bagram they can make arrangements to pick you up.

All Air Force personnel must in-process through the PESCO at Bagram. Ensure you have your orders, a pen, AF form 552 (weapon qualification card), your weapon, and two magazines for in-processing and when you go to supply. Supply will issue ammunition and level 4 body armor, but all these items must be with you when you go to supply.

Travel time to Kabul varies depending on weather conditions, traffic; ETC. Everyone should be armed on the convoy.

Camp Eggers

Camp Eggers compound is a series of buildings with a diverse population. Only the basic amenities exist on the compound in addition to billeting on post there are other safe houses in the surrounding area where personnel are billeted. Personnel travel to the compound for duty, meals, and MWR activities.

Uniform Policy

The duty uniform is the Advanced Camouflage Uniform (ACUs) or the Desert Camouflage Uniform (DCUs) with all sleeves down. The patrol cap or boonie hat may be worn, but no blocking, forming, rolling, or upturning is authorized.

Navy and civilians are the only personnel authorized to wear civilian fitness clothing on Camp Eggers. The Army, Air Force, and Marines must wear their service official PT uniforms which are posted in both gyms. Please make sure that you have the correct PT uniform before deploying. There are some service PT items in stock, but supplies are limited at the PXBX.

Fridays are considered a reduced battle rhythm day or an official holiday. **Service members must be in either the duty uniform or PT uniform.**

Climate

Kabul is approximately 6,000 ft above sea level. The high altitude may take some people time to get used to. The climate is very dry, summers are hot, and winters are very cold with a lot of snow.

Power Requirements

Power in Kabul is by generator and 220 Volts. There are converters in the PXBX for 110 Volts that can be purchased.

Medical Clinic (237-1027)—Lakeshore

The medical clinic is open seven days a week. Since the clinic is a level 1, there are only limited services that they can provide. Anything that can not be taken care of here at Camp Eggers will be taken to Camp Phoenix, German Field Hospital at Camp Warehouse, or Bagram.

There are two types of malaria medications, the weekly methaquine and a daily doxiquine. The weekly medication can cause psychotic episodes on rare occasions. The common side effect is unusual dreams.

Sick Call Hours

Monday-Saturday 0800-1000/1300-1500
Sunday 1200-1400

Prescription Refills/Over the Counter Meds/In & Out Processing

Monday-Saturday 1000-1200/1500-1700
Sunday 1200-1400

Emergency (24/7)

BDOC 237-3326/237-3307
Cell 079-133-076

Post Office (237-1046)—Palmetto House

Name (No Rank)
Unit and Section
APO, AE 09356

Do not put Kabul or Afghanistan on packages or letters. These will be sent to the Kabul civilian post office. The Afghan government is charging custom fees to get the packages released. Also there could be a chance that there will be nothing in your package when you do receive it.

Letters and postcards equal to or less than 13 oz. can be mailed for free to the U.S. Mark "free" where the stamp goes. Packages can not exceed 70 lbs. and/or 130 in (longest side + girth). Packages mailed from one APO to another are free up the 70 lb. and 130 in limit. This only applies to anywhere in the European/Middle East theater (AE) not the Pacific theater (AP).

If the package is more than either of the requirements DHL and FedEx is available.

DHL: 070 210 921/ 070 284 672

FedEx: 070 286 028/ 070 286 029

Window Service

Monday-Saturday 0800-1230

Mail Call

Monday-Saturday 1400-1700

Post Office is closed on Sundays.

Dining Facilities

There are two dining facilities at Camp Eggers, the Marshall House and the Goat House. Meals are currently served by a civilian contractor, Kellogg Brown and Root (KBR).

Hours

Breakfast 0600-0830 (0900 on Fridays)

Lunch 1100-1300

Dinner 1630-1900

Midnight Meal 2300-0100 (Only at the Goat House)

Billeting—School House Basement

The rooms house between two to eight people depending on the size. There is a minimum amount of storage. Two man rooms in the conex type rooms are 138" X 58". Most rooms have wall lockers. Everyone O6 and below, may have to share a room.

The rooms have regular size beds and mattresses. Rooms have heat/air conditioning units. You will need to bring your own linens and a pillow.

Laundry—Marshall House Annex

Here on Camp Eggers there is contract with Ecolog for laundry service. The bags are issued by supply and have a number on it. Do not put your name on the bag or you

will pay for it. Drop off your dirty laundry and pick your clean laundry the next day after 1500.

Hours

Saturday-Thursday 0800-1900

There are also self service laundry facilities opened 24/7. They are located in the Marshall House Courtyard and the Swamp Parking Lot.

The housekeepers will wash and iron uniforms for \$3 a set or just iron for \$2. This is done after their work hours for the camp. It is voluntary and you can use any housekeeper assigned to any house that is convenient for you.

Finance (237-3354)—Cole House

There is a limit of how much money that can be cashed at finance.

Per Month:

Personal Check Cashing: Up to \$200 USD with the reminder in Eagle Cash Card and/or AFS. Maximum \$1000.00 per month

Personal Check Cashing leaves, passes, and TDY: Maximum of \$745.00 USD (Need original DA Form 31 or copy of orders)

Casual Pay: \$350.00 (currency combination of up to \$200.00 USD/month with the reminder in Eagle Cash Card and/or AFS)

When going on leave or pass you can cash a check up to \$745 before departing, but you must have your orders and leave/pass form.

The only place that accepts Visa or Mastercard is the PXBX, which you can receive up to \$20 in cash back. Finance will cash money orders and cashier checks for any amount, but the \$200 in US still applies.

The ATM machine is located in the green bean coffee shop which is open 24/7. The ATM machine will accept Visa, MasterCard, American Express, Cirrus, and plus.

There is a deposit limit up to \$10,000 in a Deployment Savings Program. This earns 10% interest yearly and is exempt from taxes. You can deposit up to your monthly paycheck each month.

Hours

Monday-Saturday 0900-1200/1300-1600
CLOSED Sundays and every other Wednesday

Religious Support Team—(Lakeshore Upstairs)

The Chapel Staff invites you to worship with us at the service of your choice. We hope you will find a worship service to fit your needs. If not, please contact the Chaplains' Office in Halstead House on the 1st floor. The Chapel is located in the Lakeshore

House (Kabul Chapel House) and is open daily for personal reflection, meditation, and prayer. Counseling is available anytime by calling any of the numbers listed.

For other Religious Faith Groups or Counseling please contact the Chaplin's Office DSN 318-237-3606/3540/3545/3607.

AAFES Facilities

The PXBX

There is a small exchange here on Camp Eggers. It carries a limited selection of brand names, CDs, DVDs, PT clothes, and military items. If you prefer a particular brand of something it is recommended you bring it with you or make arrangements to have it mailed over from home on a regular basis.

Hours

0900-2100 Daily

Barber Shop

Camp Eggers has two small shops, one in the Boom House and the other in the AAFES Conex.

Hours

Boom House: Monday, Wednesday, and Friday 1000-1700

AAFES Conex: 7 days/week 0800-2000

The Green Bean

The Green Bean coffee shop is the only civilian business on Camp Eggers. It is open 24/7 and serves coffee, tea, lattes, frappes, smoothies, and assorted baked goods.

Sewing Shop

The sewing shop will sew on patches, other military items, and general sewing for free.

MWR and other Activities: (check out the bulletin board for updates)

Phones/Morale Calls—Goat House Annex

To call stateside, call a base near home and request an off-base line if the call is local. If the call is long distance from the base they will request the 800 number from a calling card. This allows a call home at national rates rather than international rates. Currently there are 10 phones and computer access in the Goat House Annex.

The Bomb House

Computer Lab/Internet Café is located on the first floor. It is open from 0600-2400.

Recreation Center has pool tables, foosball tables, and dart boards.
MWR has competitions (check the bulletin boards around base).

Movie Loans are no charge, but must sign them out and return them after two days.

Game Room has a Playstation and Xbox available.

Gym provides free weights, which is open 24/7.

Movie Nights announced weekly

The Boom House

The library is located in the Boom House and has donated books. They are free and no checkout is required.

Warrior Gym

The gym is located at the end of Gator Alley going west. Cardio machines are on the second floor and weight machines are on the first floor. It is open 24/7.

Bazaar—(Front Street)

Every Friday there is a bazaar on Front Street, where local vendors bring in local goods for sale. Prices are not set and bartering is highly recommended. Check with people who have been here a while and several vendors throughout the bazaar to get an idea what the going prices are. Some of the goods that the vendors sell are rugs, scarves, carved wooden boxes, jewelry, DVDs, knives, suits, and blankets.

Leave and Pass

Service members with one year deployments are authorized one 15 day leave and two 4 day passes. Currently, the only R&R location off of Kabul is Qatar. Leaves do not start until “boots down” in the US (or where ever your destination would be) and stops with “boots up.” Soldiers are authorized travel days to and from theater.

Service members with six months deployments are authorized one four day R&R pass at Kabul or Qatar.